



Division of School
and Community
Nutrition

Indiana CACFP

News 2 Use

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At-Risk Afterschool Meal Expansion

According to The Healthy, Hunger-Free Kids Act of 2010, Public Law 111-296, all institutions participating in the at-risk afterschool care component of CACFP are now eligible to claim reimbursement at the free rate for up to one snack and one meal served to each eligible participant per day. At-risk afterschool meals and snacks must be served free of charge and are reimbursed at the applicable free rates (7 CFR §226.17a(n)). Regulations and guidance regarding the implementation of an afterschool meal program can be found at www.fns.usda.gov/cnd/care/Afterschool.htm.

Upon announcement of the expansion,

Gleaners Food Bank began making the change immediately. Betsy Breeden has seven sites that are serving suppers, and three more recently added sites that will serve supper next year.

This new expansion at Gleaner's not only allows them to serve dinners to more children, but also to provide more nutritious foods. Betsy has worked with her sites to incorporate more fresh fruits and vegetables, and she is testing whole grain products to add to their menus.

When asked what her greatest challenge has been with serving suppers through the At-Risk After School

Meal Program, she states that educating herself on nutritious foods and products to be able to provide the most nutritious meal she can within their food budget has been a challenge, but a welcomed challenge.

Betsy encourages other providers interested in serving suppers to "dive-in and enjoy it."

Kudos to Betsy and Gleaner's Food Bank for putting children first!

To learn more about the At-Risk After School Meal Program in Indiana visit our [CACFP website](http://www.doe.in.gov/cacfp).

We'd love to hear your success story! Contact hstinson@doe.in.gov

*"The
first
wealth
Is
health."
-Ralph
Waldo
Emerson*



Julie Sutton, Director of School and Community Nutrition

Healthier Alternatives for Parties

Parties are fun and a great tool to help children socialize, but they can also encourage unhealthy food choices. Here are a few ideas to help you offer healthier alternatives for parties.

- Make kabobs by putting cubes of low-fat cheese and fruit on pretzel sticks
- Create a parfait by layering vanilla yogurt and mandarin oranges or blueberries in a tall glass
- Trail/cereal mix (whole-grain, low-sugar cereals mixed with dried fruit, pretzels, etc.)
- Let the children create their own miniature pizzas by allowing them to select their fruits and vegetables and low-fat cheese to top it.
- Vegetable trays with low-fat dip
- Serve fun seasonal beverages (such as warm cider in fall or a fruit slushy in summer)
- Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt.
- Add some adventure by serving and teaching about a less common fruit or vegetable (such as edamame, coconut, cactus, or loquats)
- Frozen bananas, but before freezing-dip it in yogurt and roll it in crushed cereal.
- Whole grain crackers with cheese or hummus dip

Check out our Healthier Alternatives for Parties handout and parent letter on the CACFP website: <http://www.doe.in.gov/food/childadults/welcome.html> in our Resource section.

Staff Spotlight: Julie Sutton

An Introduction From Our New Director:

I have been with the Department of Education, Division of School and Community Nutrition, for 19 years. I started with the Summer Food Service Program and have worked with the School Nutrition Programs and the Child and Adult Care Food Program. Prior to coming to DOE, I worked in college food service management at Alma College in Michigan and Franklin College in Indiana. I attended Michigan State University and received a bachelor's degree in Hotel, Restaurant and

Institutional Management from the Eli Broad College of Business. I am married and have two children, my daughter is 18, a senior in high school and my son is 14, a freshman in high school. I spend most of my free time doing volunteer work with teenagers. I work with the high school marching band that both of my kids participate in and with our church youth group. I also enjoy walking and playing with my Chihuahua-Dachshund puppy.

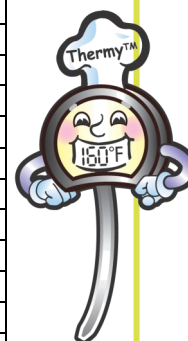
Please Welcome Our New Sponsors

• Challenge International Preschool	Indianapolis	Tracy Sidibe
• Hillside UMC Childcare Center	Princeton	Julie Goedde
• School City of Hammond	Hammond	Diane Schweitzer
• Auntie Mame's Child Development Center	Indianapolis	Qiana Hayes
• Community Development Institute Head Start	Muncie-Anderson	Susan Swartz

Food Safety Tip: Are Your Foods Reaching The Minimum Cooking Temperatures?

Category	Food	Temperature (°F)
Ground Meat & Meat Mixtures	Beef, Pork, Veal, Lamb	160
	Turkey, Chicken	165
Fresh Beef, Veal, Lamb	Steaks, roasts, chops	145
Poultry	Chicken & Turkey, whole	165
	Poultry breasts, roasts	165
	Poultry thighs, legs, wings	165
	Stuffing (cooked alone or in bird)	165
Pork and Ham	Fresh pork	160
	Fresh ham (raw)	160
	Precooked ham (to reheat)	140
Eggs & Egg Dishes	Eggs	Cook until yolk and white are firm
	Egg dishes	160
Leftovers & Casseroles	Leftovers	165
	Casseroles	165

Source: www.foodsafety.gov



Events Calendar

- ⊕ May-early June of 2011-10 WebEx Mandatory Trainings for CACFP Institutions (check our website for dates/times)
- ⊕ Thurs., June 23, 2011: CACFP Refresher Workshop @ 9am-4pm (Indy time) at 151 W Ohio St, Indianapolis
- ⊕ Tues., Aug. 23, 2011: CACFP Refresher Workshop @ 9am-4pm (Indy time) at 151 W Ohio St, Indianapolis
- ⊕ Thurs., Aug. 25, 2011: CACFP New Sponsor Workshop @ 9am-1:30pm (Indy time) at 151 W Ohio St, Indianapolis

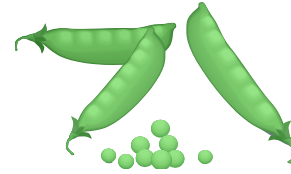
*Note: A photo ID is required at all times at the IDOE offices.

Did You Know... About Our Online Resources?

The Child Nutrition Reauthorization Act made two changes related to the Application for Free and Reduced Price Meals—no income required for Foster Children and only requires the last four digits of the Social Security number. The revised Application for Free and Reduced Price Meals, Directions, Parent Letters are located in the [Free & Reduced Price Information Section](#) of the CACFP web page.

Visit www.doe.in.gov/food/childadults to learn more.

HELP! We've tried everything- The Children Just Won't Eat the PEAS!



We all remember the poem 'Everything I Need To Know I Learned in Kindergarten'... play fair, take a nap every afternoon, wash your hands before you eat, live a balanced life....

Well, with all the information we have today about healthy eating habits for preschoolers, I think we would have to add to the poem...*Not only are warm cookies and milk good for you but FRUITS AND VEGGIES ARE TOO!*

We know that early experiences not just about sharing and crossing the street, but also eating habits all have a profound impact on young children and so the best time to teach good eating habits is during the early years.

So, here lies the question – HOW/WHAT CAN WE DO TO IMPROVE THE NUTRITIONAL HEALTH AND WELL-BEING OF OUR CHILDREN?

Glad you asked...

Are You Providing a VARIETY of meals and snacks for the children?

It can be hard for a 2-5 year old child to get all of the nutrients they need in three meals. Snacks can help provide these important nutrients. A wide variety of foods should be offered to assure your child is getting the important nutrients they need. Four nutrients that are especially important, and sometimes lacking, for this age group are vitamin C, vitamin A, iron and calcium.

- Good sources of vitamin C include fresh fruits and juices.
- Good sources of vitamin A include dark green and deep yellow vegetables such as sweet potatoes and spinach.
- Foods from the milk group provide an excellent source of calcium.
- Good sources of iron include red meats and iron fortified cereal.

Between meals, offer healthy choices such as cereal with milk, dried or fresh fruit, and raw vegetables with dip, cheese and whole grain crackers/pita chips or yogurt with fruit.

Food fears and picky eaters are common with this age of child. This can be uncomfortable for a parent and a caregiver, but the best way to handle it is to not make it a big issue. Go ahead and offer the favorite food along with other healthy foods. Don't draw attention to the food fear; it may cause it to last longer than it otherwise might have.

Offer a 'TASTY TUESDAY'S' at your center once or twice a month. On this day you will serve small bits of new foods to your children, discuss the benefits of that food, and provide hands on activity for them. Then begin to integrate this food into your menu. Remember: a child may have to have a food more than 12 times before they know if they like it or not.

Does your center staff have meals with the children?

Eating meals with parents and/or caregivers is important for preschool aged children. Young preschoolers who eat meals with their family or caregivers have a better vocabulary because of the mealtime conversations. These children consume more fruits and vegetables than children who do not have adult involvement during meals. It is also known that children who participate in 'family' meals make healthier food choices when they are away from home. These are also the habits and tools that will stay with them as they rapidly approach their teenage years. Keep mealtimes relaxed and encourage conversation with your children. Be a good role model for your children. They tend to want to eat the same types of foods that you eat.

Are your children involved with the actual food?

Children should be involved with food—not simply answer questions in workbooks or sing songs about vegetables. Hands-on nutrition activities help children develop healthy eating habits and can complement other learning. Following are some suggestions for promoting healthy eating in young children:

- Help build self-esteem and teach good eating habits by allowing children to plan, prepare, and serve simple nutritional snacks. For example, create smiling faces using rice cakes and cheese, or make frozen banana sticks or applesauce. Introduce new foods in small portions to encourage children to taste their creations.
- Integrate learning activities-Use seed catalogs and real vegetables to examine the edible parts of various plants, or conduct a taste-test on a variety of raw and cooked vegetables. Children can then discuss the nutritional value of each vegetable. Children can also work together to make vegetable soup and create labels for their own soup cans.
- Learn about different cultures-Choose the cultural heritage of one or more children as a theme for a day's meals and snacks. Discuss at mealtimes how factors such as climate help shape food habits.
- Foster creativity-Under adult supervision, young children can bake their own whole grain breads. Make it fun by shaping the dough into different animal shapes.
- Visit a local farm or farmers' market-This type of outing will put children in touch with local surroundings and create an awareness of how food is grown and sold in places other than a supermarket.

Parents, caregivers, and teachers should work together to establish a mutual understanding of how best to meet each child's individual nutritional needs. Teaching children to eat wisely and moderately is an investment in the future, and establishing healthy eating habits in the early years is not only important, it helps them feel good about themselves and can also be fun.

Resources:

The Importance of Appropriate Nutrition and Nutrition Education, Young Children

National Association for the Education of Young Children

Craft Ideas for Teaching Preschoolers about Healthy Eating Habits

-Contributed by Elaine Haney

PITA DIPPERS

Prep time: 10 minutes

Servings: 16

What you need:

16 whole-wheat pitas	1 cucumber, sliced
4 cup fat-free plain Greek yogurt	pinch of salt
2 cup fresh or frozen spinach	2 teaspoon black pepper

Equipment needed:

Food processor or blender	Knife
Baking sheet	

What to do:

Preheat oven to 400° F. Place yogurt, spinach, cucumber, salt, and pepper into food processor or blender. Process until smooth, about 1 minute. Place dip into a bowl and refrigerate until chips are done. Cut pitas into 8 wedges. Arrange pita wedges on a baking sheet in a single layer. Spray with cooking spray and sprinkle lightly with garlic powder. Bake for 5 minutes or until light golden brown and crispy. Use the pita wedges to scoop up the yogurt dip!

Source: www.kidshealth.org.



School and Community Nutrition

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